

# **Healthy UCD Annual Report Year 6 (2021/2022)**

**August 2022**

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## **FOREWORD BY CHAIR**

The past two years with COVID-19 have been difficult for Healthy UCD. The move online and lack of campus life was a challenge to all. As UCD reopened its campus in September 2021 we moved to a combined on-campus and virtual approach.

We have had three years of wonderful support from our first digital ambassador Kristina Kit. She left her role as of May 2022 following completion of her studies in UCD and will pursue a Masters degree in Madrid starting in September 2022. We wish her well in her future career.

During this year we drafted a new strategy for Healthy UCD for the next 5 years. We had great help in this endeavour from Dr Olga Murdoch of UCD Agile; I would like to thank Olga for all her work with the strategy team.

I would like to thank the Healthy UCD Steering Committee for their commitment throughout the year. I would particularly like to thank the Healthy UCD team, Brian Mullins and Maria Heffernan, for their dedicated and excellent work in support of staff and student health, and Celine Murrin, chair of the Healthy UCD research subgroup. A special note of thanks goes to Ciara McCabe for administrative support to the Committee.



Professor Patricia Fitzpatrick  
Chair, Steering Committee for Healthy UCD

## **INTRODUCTION**

Since September 2021, Healthy UCD has worked extremely hard towards re-establishing an on-campus presence as Covid-19 restrictions were lifted, starting with a strong contribution to orientation for first years, in addition to those continuing students whose time on-campus had been limited up to this point. From here, we worked with the Students' Union and UCD Culture & Engagement to recommence events on campus for both staff and students such as Mind, Body & Soul and staff physical activity programmes. While we have achieved significant success, we aim to build on this in the coming year as we continue to adapt to hybrid working patterns.

Another area where on-campus activity was resumed was in Healthy UCD's contribution to UCD modules, where experiential learning opportunities are provided to UCD students. This is an area we hope to expand in the coming year, with an Active Living Week planned to be delivered by MSc Physiotherapy students as part of their Prevention and Management of Non-Communicable Diseases Across the Lifespan module, with support from Healthy UCD.

Throughout the past year, Healthy UCD has worked to develop a new strategy to shape the next five years of the initiative. This strategy will shortly be launched and sets out ambitious but hopefully achievable goals for the next number of years, aiming to consolidate and build on the contribution of Healthy UCD to healthy campus life.

## **HEALTHY UCD HIGHLIGHTS 2021/2022**

### **MODULE ENGAGEMENT – STUDENT EXPERIENTIAL LEARNING**

The Student Health and Wellbeing elective module (PHPS10010) ran for the third time in the Spring Trimester with 78 students, an increase from 38 in the first year. The return to in-person delivery allowed students to conduct research for their final assignments on the UCD campus; students researched and designed initiatives for students which could be implemented on the UCD campus on the topics of healthy eating, physical activity, mental health, sexual health and drug/alcohol use.

Healthy UCD provided opportunities for graded experiential learning for students of two courses: 1) Healthy Eating Week, delivered by MSc Clinical Nutrition and Dietetics students taking the Practice Placement module (PHPS40910), successfully returned to in-person delivery with accompanying content developed for social media; 2) A programme of events for “Wellbeing Wednesday”, delivered by MSc Sport Management students in April. In addition, Healthy UCD contributed to an Innovation Academy module for the first time, (see page 8).

### **STUDENT PLACEMENTS**

Healthy UCD is a popular destination for student placements from Health Promotion courses, and we have hosted another successful student placement in 2022. From January-May 2022, Deanna Kenny, a third-year Nutrition and Health Science student in Technological University of the Shannon, Athlone, completed a work placement with Healthy UCD, creating content for social media, assisting with organisation of events and working on Healthy UCD research.

### **PEER MENTOR PROGRAMME AND ORIENTATION**

Healthy UCD contributed a short video and quiz for use in peer mentor training on Brightspace and an additional presentation introducing the initiative which was used in the Orientation Brightspace module.

Orientation took place on-campus during a two-week period in September to facilitate both the orientation of returning second-year students who had spent most of their time in UCD learning remotely, and orientation of incoming first-year students. Healthy UCD had a stand in the main Orientation marquee for the full two weeks and distributed 1,000 Healthy UCD branded facemasks and healthy snacks. There was also a quiz which aimed to start students thinking about their health and wellbeing while attending UCD – this was accessible by QR code and all who completed it were entered into a prize draw. Five winners received a prize pack consisting of a UCD canvas bag, Healthy UCD insulated coffee mug and a voucher for the main restaurant kindly provided by the operators Gather & Gather. Over 20,000 students passed through the marquee during Orientation, with over 1000 entries in the Healthy UCD quiz.



Figure 1: Healthy UCD stand in the Orientation marquee.

### SUCCESS WITH STUDENT DIGITAL AMBASSADOR, SOCIAL MEDIA ACTIVITY

Kristina Kit, a final-year Computational Social Science student, was recruited for the role of student digital ambassador for Healthy UCD in October 2019 and has continued in this role for the past three years. During this time, she has produced regular, high-quality content for Healthy UCD’s Instagram and Twitter accounts which has contributed to sustained growth in followers. She also organised and facilitated social media takeovers by various student clubs and societies including the One Health Society and the Trampoline Club. A new student digital ambassador will come on board for 2022-23.

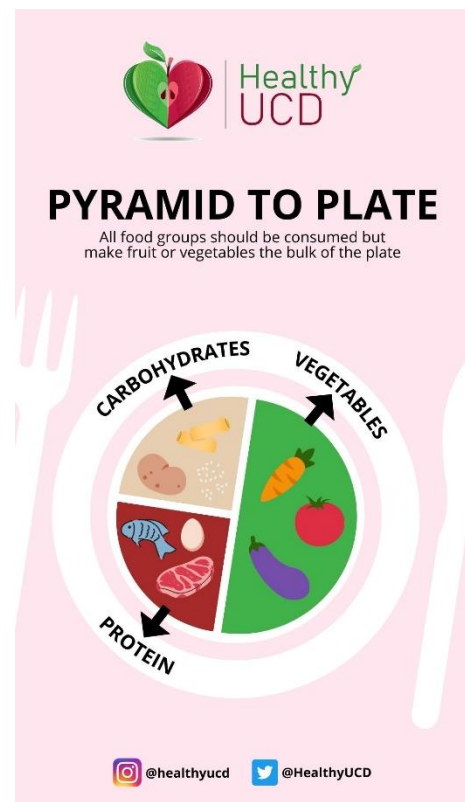
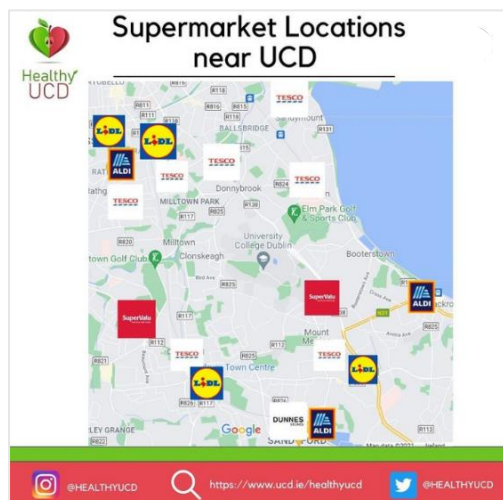


Figure 2: Example of graphic produced for social media and display screens around UCD.

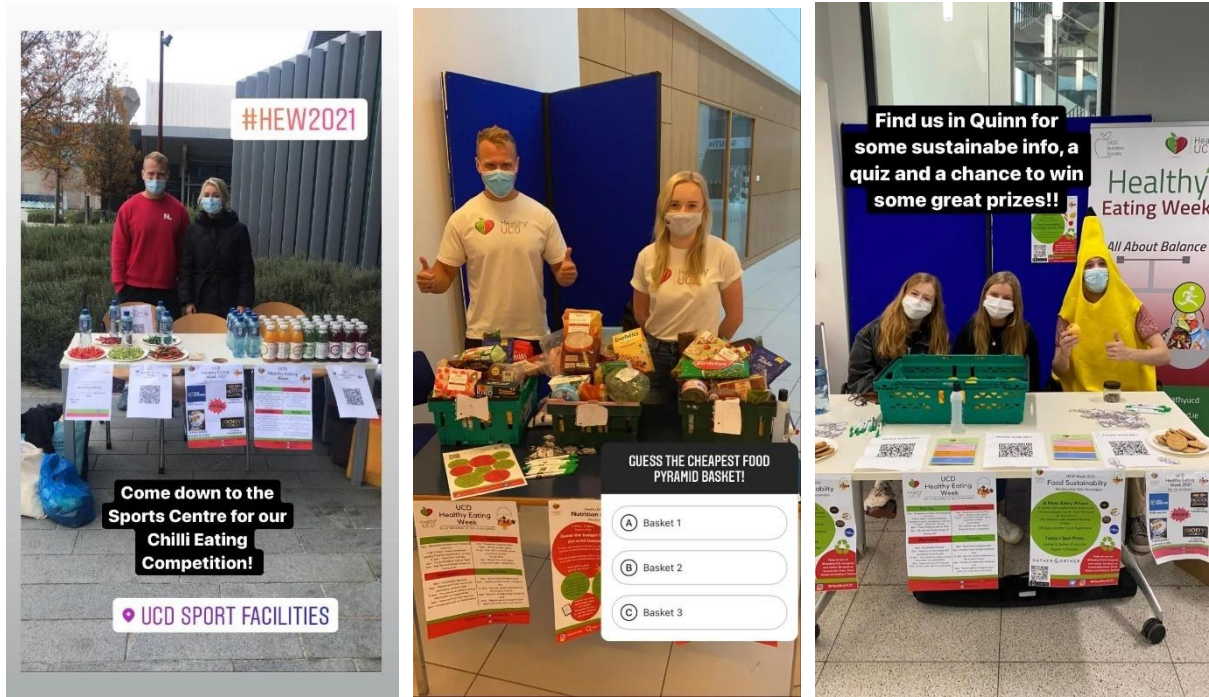
## HEALTHY EATING WEEK

As Covid-19 restrictions were eased, students working on Healthy Eating Week (HEW) this year could plan an event with elements of in-person activity as well as content for social media. The event was delivered from 8<sup>th</sup>-11<sup>th</sup> November 2021 with support from Healthy UCD staff. Students successfully secured sponsorship from Avonmore and VitHit for drinks to distribute during their events on-campus and from a variety of businesses for competition prizes.



Figures 3 and 4: Infographics produced by MSc Clinical Nutrition and Dietetics students for Healthy Eating Week.

The students selected an individual theme for each day of the four-day event. Day one was themed around "Meeting Nutritional Goals on a Budget", day two was "Practical Cooking Skills", day three focussed on Food Sustainability, while day four was themed "Food and Mood". A number of in-person activities were held around campus during the week with the most popular being "Guess the cheapest healthy shopping basket" where three healthy shopping baskets for different budgets were displayed in the Science Centre, and participants were asked to guess which was the cheapest. 70 entries were received in-person, with a further 103 through Instagram. Also popular was a Taste Test, where participants tasted branded and supermarket own-brand versions of various foods and tried to distinguish them, a Chilli Eating competition and a Spin to Win quiz.



Figures 5-7: Images from Healthy Eating Week events.

### **COLLABORATION WITH INNOVATION ACADEMY**

Healthy UCD were approached by staff in the Innovation Academy to take part in one of their Design Thinking elective modules in the Spring Trimester. This involved setting a challenge for students relating to an issue Healthy UCD experienced in its work “how to improve our communication of key Healthy UCD messages to students”. After receiving the brief, the students undertook a “Design Sprint” where they had 24 hours to research and come up with solutions to the challenge. Solutions presented to Healthy UCD staff included using alternative media to communicate messages such as Brightspace announcements, and ideas for engaging events on-campus. This collaboration was very successful, and it is hoped it will be repeated in the coming year.

### **MIND, BODY AND SOUL IN COLLABORATION WITH THE SU**

With the removal of Covid-19 restrictions, Healthy UCD worked with the Students’ Union to deliver Mind, Body and Soul from 4<sup>th</sup>-6<sup>th</sup> April, re-establishing what had been a very successful annual event pre-pandemic. An exciting programme of events was developed including live podcasts, fitness classes, seminars on topics including mental health and sleep, workshops and Smoothie Bikes. Footfall across the three days was lower than anticipated, illustrating the



challenges faced as we attempt to return to “normal” after pandemic restrictions. However, the event was successfully resumed after a three-year break and can be built on next year.



Figure 8 (above): Mind, Body and Soul poster.

Figure 9 (left): Smoothie bikes ready for participants in the Mind, Body and Soul marquee.

## WELLBEING WEDNESDAY

Healthy UCD worked with students from the MSc in Sport Management who volunteered to organise a wellbeing event to gain practical experience of event management. A group of eight students developed a programme of events for the day consisting of a HIIT class, yoga class and fitness challenges in rowing, push-ups and hang bar which took place in the student centre and on the library concourse. Sponsorship for prizes and items to distribute to challenge/class participants was secured by the students from AllReal Nutrition, Avonmore Protein Milk and Dublin Meat Company. The day was very successful, particularly the fitness challenges which attracted crowds of participants and spectators in both locations as people aimed to get onto the leaderboard for each challenge. The yoga class was held in a studio with all 15 places filled, in the new UCD Village, an attractive option for future Healthy UCD events.



Figures 10 & 11: Wellbeing Wednesday rowing challenges taking place in the student centre and concourse.

## EMPLOYEE WELLBEING ACTIVITIES

A wide range of wellbeing activities for employees were delivered virtually this year by Healthy UCD in partnership with UCD Culture and Engagement, while in-person activities on-campus were successfully resumed.

In the autumn, a “Back to the Campus” range of activities was offered, with yoga classes, bootcamp, and, for the first time, a learn-to-swim programme. With limited numbers due to social distancing, all courses filled quickly with

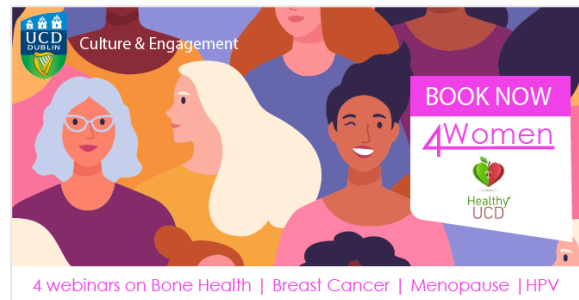
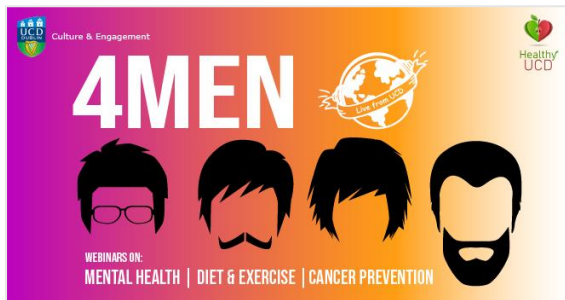
approximately 50 participants in total. Coinciding with this was a “Step On It challenge”, aiming to cater for those who continued to work from home, or with a hybrid arrangement. Almost 200 participants signed up to run, walk or roll towards a 100km or 200km target within 28 days.

In October, two webinar series’ titled “4Women” and “4 Men” were organised. Four webinars were delivered by both UCD and external experts on a variety of women’s health issues including human papilloma virus (HPV), breast cancer and the menopause. The “4Men” webinar series had topics relating to men’s health including men’s cancer, eating for a healthy heart and the role of exercise in health in middle age. This series attracted 445 staff



Figure 12: Promotional graphic for the “Step on It” challenge.

registrations overall. The recordings remain available on the Culture & Engagement YouTube channel. The menopause webinar was particularly popular with 400 views to date.



Figures 13 & 14: Graphics promoting the “4Men” and “4Women” seminar series.

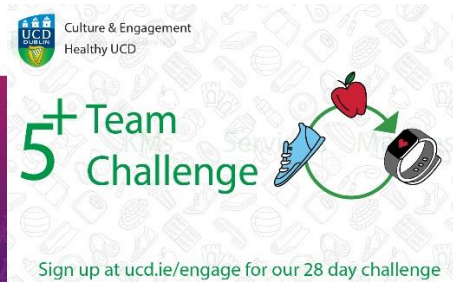
The “5+ challenge” was launched in February and challenged teams to aim for 5+ portions of fruit and vegetables each day, to take five minutes for mental wellbeing daily and to run, walk or roll 5km each day for the 28 days of the challenge. This activity attracted 193 registrations. To mark completion of the challenge a Healthy UCD lunch was held in the new UCD Student Village.

The “Spring into Summer” programme of physical activity for employees commenced on campus in April, consisting of a biweekly bootcamp with 34 registrations, weekly Pilates with 25 registrations, and a second learn-to-swim programme with 12 participants.



Figure 15: “Spring into Summer” programme promotional graphic.

A Bike Day was organised by the UCD Smarter Travel Group on 21st April in the Quad behind the student centre, and included contributions from the UCD Bike Shop, UCD Estate Services, and Smoothie Bikes. Healthy UCD organised an exercise bike challenge, where participants had to cycle a 500m distance in the fastest time possible for a chance to win an Altura cycling jacket.



Figures 16 & 17: Promotional graphics used on social media for UCD Bike Day and the 5+ team challenge.

## UCD FESTIVAL

Healthy UCD was delighted to participate in the UCD Festival as it returned to the campus after two virtual editions. The Healthy UCD stand was located in the Mind & Body Zone in the Student Centre alongside stands from the School of Public Health, Physiotherapy and Sports Science and attracted good footfall; an interactive quiz with educational posters with participants receiving a Healthy UCD pen or keyring was organised. Festival attendees were also encouraged to visit the Resilience Tree to write something they do to look after their mental wellbeing on a ribbon and attach it to the tree.



*Figure 18: The Resilience Tree during the UCD Festival, with numerous ribbons added by festival attendees.*

## NATIONAL AND INTERNATIONAL ENGAGEMENT

Healthy UCD continues to engage with other Irish universities and colleges and took part in a meeting of the Healthy Campus Network in January 2022 which marked the handing over of the management of the network to the Higher Education Authority. The Chair of the Healthy UCD Steering Committee was appointed as the Irish Universities Association representative on the Higher Education Authority Healthy Campus Framework and Charter Advisory Group.

UCD is an Associate Member of the UK Healthy Universities Network. Members of the Healthy UCD steering committee have attended online meetings of the network in February and May 2022.

Healthy UCD has also engaged internationally on its work, with members of the steering committee attending the International Health Promotion Campuses Symposium organised by the University of British Columbia in May 2022. In addition, members of the Healthy UCD team have presented its research and work on providing experiential learning opportunities in UCD modules both nationally and internationally including at the Nutrition Society Irish Section Conference and the 14<sup>th</sup> European Public Health Association Conference.

## PRESENTATIONS

Healthy UCD presented at national and international conferences in the past year, as detailed below.

**Table 1: Details of Healthy UCD presentations, 2021-2022**

Presentation type	Conference	Details
Oral	14 <sup>th</sup> European Public Health Association Conference (online), 12 <sup>th</sup> November 2021	Heffernan M, Mullins B, Bermingham A, Neville R, Dervan N, Corish C, Murrin C, Fitzpatrick P. Implementation of student experiential learning in health & wellbeing in a large university setting. DOI: <a href="https://doi.org/10.1093/eurpub/ckab164.670">https://doi.org/10.1093/eurpub/ckab164.670</a>
Oral	Irish Healthy Campus Network meeting, 25 <sup>th</sup> January 2022	Heffernan M. Healthy UCD – Healthy Campus Initiative in University College Dublin
Poster	Forum for Global Challenges, Birmingham, UK, 3 <sup>rd</sup> -5 <sup>th</sup> May 2022	Murrin C, Doyle G, Delaney L, Lades L, Lawlor O, Mullins B, Fitzpatrick P. Removal of high sugar-sweetened beverages from a large university campus – an intervention to improve the university food environment
Poster	Nutrition Society Irish Section Annual Conference, Cork, 15 <sup>th</sup> -17 <sup>th</sup> June 2022	Kenny D, Heffernan M, Murrin C. Assessing the suitability of the Uni-Food tool in an Irish University setting.

## COMMENCEMENT OF NEW RESEARCH PROJECT ON CAMPUS FOOD ENVIRONMENT

As part of the student placement, Deanna Kenny undertook some research on university food environments under the guidance of Dr Celine Murrin, Chair of the Healthy UCD Research Committee. This has involved implementing the Uni-Food tool which was developed by Professor Gary Sacks and his team in Deakin University, Australia to assess the campus food environment. The tool consists of three main components: University Systems and Governance, Campus Facilities and Environment, and Food Retail Environment. To date, data collection for the Food Retail Environment component has been completed and preliminary results presented at the Nutrition Society Irish Section Conference. It is intended that the Campus Environment component will be completed by September 2022, while the University Systems and Governance/desk policy audit component will be completed as a final year

project by a UCD Human Nutrition student. Healthy UCD aims to use the results obtained to create recommendations to improve food and nutrition policies in UCD.

**Healthy UCD Actions and Target set for past year 2021/2022, Current Status and Target for coming academic year 2022/2023**

***Awareness and Identity Development***

<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Review Welcome Booklet page for 2022/2023.	Welcome Booklet page has been updated to highlight upcoming Healthy UCD events for 2022/2023.	Review Welcome Booklet page for 2023/2024 and update as necessary.
Increase following across all Healthy UCD social media platforms by 5%.	The numbers following Healthy UCD on social media continue to grow steadily, surpassing the target on Instagram & YouTube Instagram: 2,882 (+15%) Twitter: 1,472 (+4.6%) YouTube: 66 subscribers (+22%)	Continue growth of follower numbers on Healthy UCD’s social media channels, aiming for 5% increase with additional focus on Twitter in the coming year.
Continuation and promotion of Healthy UCD calendar of events.  Continue to monitor analytics of social media and website to better formulate future content.	The website will be upgraded to a new format over the summer.  Monitoring of social media analytics continued throughout the year – content around Healthy Eating continued to be popular.	Continue to monitor analytics, utilising the new website format to promote Healthy UCD materials.
Monitor UCD app analytics specific to the reach of Healthy UCD.	Analytics data was obtained for the UCD Mobile app for 2021/2022. The Healthy UCD website was accessed 352 times through the app during the year, a decrease of approximately 18% since the previous year. The app is currently under review and edits to the layout and content will be made during the summer.	Healthy UCD will continue to have a presence in the Wellbeing tab of the UCD Mobile app. App analytics will be monitored throughout the year.
Continue to provide material for staff e-zines on a regular basis and for student e-zines to promote key Healthy UCD events, in addition to promotion using social media.	Material provided for 21 of 37 staff e-zines in past year (57%).  Material provided for 5 of 13 student e-zines (38%) on key Healthy UCD events and initiatives. Feedback received from students who conducted research as part of Innovation Academy module that students receive an increasing volume of emails so this method of communication has become less effective.	Continue to provide material on key Healthy UCD events for student and staff e-zines alongside other methods of promotion.

<b><u>Student Engagement</u></b>		
<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Revise and adjust Healthy UCD's contribution to the orientation Brightspace module as necessary and contribute events to any on-campus orientation activities in September 2021.	Healthy UCD again contributed to the Orientation module on Brightspace, providing an updated presentation. As Orientation went ahead in-person along with some online elements, Healthy UCD had a strong presence in the Orientation marquee behind the student centre.	Contribute to Orientation in September 2022, which will hopefully be predominantly on-campus.
Run PHPS10010 in Spring trimester 2022 with increased places available.	PHPS10010 Student Health & Wellbeing undergraduate level 1 elective module was run for the third time in Spring Trimester 2022 with 78 students (an increase from 38 in year one) (Module Coordinator Prof Patricia Fitzpatrick). The module returned to an on-campus delivery which allowed students to conduct research on the UCD campus for their final group assignment to design a wellbeing initiative for students in UCD.	Run PHPS10010 in Spring trimester 2023 with 100 places available.
Contribute to peer mentor training in 2022.	Staff absences precluded usual engagement. Engagement continues with the Student Advisors in this area.	Contribute to peer mentor training in 2023.
Resume working with Residential Assistants to introduce campus residents to the Healthy UCD initiative.	Leaflet produced at start of term to promote Healthy UCD and UCD Sport & Fitness introductory swim offer – these were distributed to all apartments on campus.	Plan an event in conjunction with Residential Assistants/UCD Estates for the beginning of term in September 2023 focussing on student health and wellbeing and utilising facilities in new UCD Village.
Current Healthy UCD student digital ambassador to remain in place for 2021/2022.	Student digital ambassador continued in her role for 2021/2022 and continued to provide invaluable support and contributions to Healthy UCD's social media channels including promotion of in-person events which resumed this year. This contributed to the sustained growth in engagement seen this year.	Train new Healthy UCD student digital ambassador and support them in their role for 2022/2023.

**Student Engagement (continued)**



<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Online placement in 2021 was very successful, so Healthy UCD will continue to engage with other third-level institutions to provide placements in 2021/2022.	A student from Technological University of the Shannon, Athlone completed a placement with Healthy UCD from 24 <sup>th</sup> January – 13 <sup>th</sup> May 2022 with a hybrid working arrangement. She worked on a number of projects including Mind Body & Soul, Wellbeing Wednesday, creating social media content and initiation of a research project using the Uni-Food tool.	Continue to engage with TUS regarding student placements for Spring 2023 and explore the possibility of additional student placements.
Recruit a small number of enthusiastic volunteers to assist with in-person events and ideas for social media content.	In November 2021, a group of three MPH students volunteered to conduct a social media campaign on reducing screentime. Additionally, another MPH student is currently working with Healthy UCD by assisting with data collection for the Uni-Food tool.	Continue to seek out and work with a small group of enthusiastic student volunteers.
Work on shared calendars with SU to facilitate collaborative working.	SU officers continue to engage with the Healthy UCD Steering Committee.  Worked with SU on a number of events including a roadshow around the various buildings in the autumn trimester, Mind, Body & Soul and exam supports.	Continue to collaborate with the SU on events and campaigns in 2022/2023.
Hold the BSc Sport & Exercise Management wellbeing event in Spring 2022, considering a hybrid in-person and virtual format.	A new module coordinator of the Event Management module SMGT20210 meant BSc Sport & Exercise Management students did not engage with Healthy UCD. Instead, Wellbeing Wednesday was organised by a group of volunteers from the MSc Sport Management programme with guidance from Healthy UCD.	Continue to engage with the programme coordinator of the MSc in Sport Management with a view to students on this programme organising Wellbeing Wednesday in Spring 2023.
Explore possibilities for resuming health and wellbeing surveys among students, including possibility of including this in the registration process for continuing years.	Decision was taken not to implement student-wide surveys this year as it has been reported that students are dealing with increased volumes of email correspondence, including surveys, and there would likely be resistance to circulation of further surveys.	Healthy UCD Research Committee to explore developing and working with a student panel to design and pilot research, aligning with goals 2 & 3 of the new Healthy UCD Strategy.

**Student Engagement (continued)**

<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Support activities of Wellness and Community Projects Officer including updating Healthy UCD website with information in this area.	Mindfulness classes and other activities provided by the Wellness and Community Projects Officer have been promoted by Healthy UCD throughout the year.	Continue to support the Wellness and Community Projects Officer.

<b><u>Staff Engagement</u></b>		
<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Demand for WeightWatchers programmes to be assessed upon return to campus.	WeightWatchers activities did not recommence as there was insufficient demand.	WeightWatchers not expected to resume in 2022/2023.
Continue work with Student Advisers to engage Peer Mentors in the Healthy UCD initiative.	In April 2022, Niamh Nestor, Veterinary Medicine Student Adviser, was a panellist in a panel discussion organised by Healthy UCD as part of Mind, Body and Soul. Healthy UCD also liaised with Holly Dignam, Social Sciences Student Adviser, to provide resources for a relaxation room during the Spring Trimester study and exam period.  Currently liaising with Student Advisers to plan for Orientation 2022 and contribute to peer mentor training.	Continue to engage with Student Advisers and work towards delivering action 2.2 of the Healthy UCD strategy: to embed Healthy UCD information with staff/student touchpoints regularly throughout their UCD experience.
Continue engaging with staff, taking a hybrid approach as we gradually return to the office in autumn 2021.	In-person physical activity programmes were held in autumn and spring with over 120 registrations.  A range of virtual activities were also offered including webinar series' on women's and men's health which received approximately 450 registrations and virtual physical activity challenges with almost 400 registrations.	Continue to work with UCD Culture & Engagement to deliver an increased offering of in-person activities in 2022/2023.
Continue to promote the UCD Wellbeing Hub and Employee Assistance Service in conjunction with UCD Culture & Engagement	In partnership with UCD's Employee Assistance Service provider, Culture & Engagement organised a programme of 5 webinars focussed on the return to the workplace. The series of webinars, designed by a team of Chartered Psychologists in Spectrum.Life, provided the information and tools to support this period of change.	Continue to work with UCD Culture & Engagement to promote the UCD Wellbeing Hub and Employee Assistance Service, working towards action 2.2 of the new Healthy UCD strategy: to embed Healthy UCD information with staff/student touchpoints regularly throughout their UCD experience.

<b><i>Smoking Cessation</i></b>		
<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Continue to promote local smoking cessation supports.	Stop smoking courses in St Vincent's University Hospital promoted through the Healthy UCD website and staff and student e-zines.	Continue to promote local smoking cessation supports and smoke-free policy on campus.
Confirm continuation of UCD Procure Pharmacy offer and continue to promote.	Offer carried forward and promoted.	Confirm offer will continue and promote.

<b><i>Physical Activity</i></b>		
<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Resume some in-person physical activity events on campus and continue with some that can be participated in virtually as restrictions are lifted.	<p>On-campus physical activity events for staff were gradually re-established, while virtual events were continued to adapt to the hybrid working pattern in place in 2021/2022. This included the "Back to the Campus" and "Spring Into Summer" offerings consisting of bootcamp classes, yoga/pilates and swimming and the virtual events "Step on It" and the "5+ challenge".</p> <p>For students, physical activity events were delivered as part of Mind, Body and Soul and the Wellbeing Wednesday event both held in April.</p>	Expand offering of physical activity programmes and events on-campus including the delivery of an Active Living Week with students on the MSc in Physiotherapy.

<b><u>Healthy Eating</u></b>		
<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Support students of module PHPS40910 to plan and deliver Healthy Eating Week in November 2021, considering both in-person and virtual events.	MSc Clinical Nutrition and Dietetics students, as part of Practice Placement (non-acute) module PHPS40910, were supported by Healthy UCD in returning to delivery of Healthy Eating Week on-campus, while content was also developed for social media.	Provide support and guidance for MSc students working on Healthy Eating Week in November 2022.
Maintain removal of HSSBs from campus as the campus outlets reopen.  Submit article as applied research brief.	Engagement with UCD Head of Customer and Management Services who now has responsibility for catering services, and with operators of the various campus outlets to ensure the policy of HSSB removal remained in place after reopening of outlets.  Poster on HSSB removal and follow-up presented at the Forum for Global Challenges conference in Birmingham in May 2022.	Submit HSSB paper for publication.
Healthy UCD steering committee member with responsibility for catering on campus will re-engage with all providers on return to campus to secure agreements to prioritise healthy eating options in campus outlets. Explore the possibility of highlighting healthy options in campus outlets through labels/signage.	A project is underway to assess the campus food environment using the Uni-Food tool and the results will be used to make a number of key recommendations to improve healthy options on campus and make these more attractive to customers.	Complete assessment of campus using Uni-Food tool and make key recommendations based on the results.  Identify suitable national and international conferences/publications to disseminate results of campus assessment using the Uni-Food tool as per action 4.1 of the new strategy.
Continue to promote existing bank of recipe videos.	Existing bank of recipe videos and graphics were promoted throughout the year while some additional resources were developed for Healthy Eating Week. Initial discussions have taken place researchers in the UCD Institute of Food and Health around development of further recipe resources on sustainable healthy eating.	Work with the UCD Institute of Food and Health on resources to support sustainable healthy eating.

<b><i>Healthy Eating (continued)</i></b>		
<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Aim to run a number of healthy breakfast events during SU's orientation offering in September 2021.	<p>A number of healthy snack packs were distributed by Healthy UCD during Orientation – in line with Covid-19 restrictions in place at the time and fitting into the altered Orientation offering in 2021.</p> <p>Healthy UCD provided healthy breakfast items for the SU's library breakfast events during the study period in December 2021. In addition, a healthy breakfast event was held with the Nutrition Society during Mind, Body &amp; Soul in April 2022 for 200 students.</p>	Discussions underway with UCD Residences for a potential series of health and wellbeing events to be held in 2022/2023, including a cookery demonstration during the orientation period, support for the RA Cooking/Baking club and a healthy recipe flyer with recipes suitable for preparation within the kitchens in UCD Residences.

<b>Mental Wellbeing</b>		
<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Support UCDSU and student advisers.	Healthy UCD joined the SU for a roadshow around various campus buildings in autumn 2021 to introduce students to both initiatives. This included promotion of supports and events relating to mental wellbeing. In addition, Healthy UCD promoted the “Reimagining Mental Health” seminar series organised by the SU and Student Counselling.	Liaise with the new SU sabbatical officers to promote mental wellbeing, particularly around the beginning of the academic year.
Healthy UCD represented on new UCD Mental Health and Wellbeing policy group – further actions in the area of Mental Health First Aid will be undertaken by this group rather than Healthy UCD. Therefore, Healthy UCD will focus on other activities in the area of mental wellbeing.	Healthy UCD met with UCD Dean of Students to discuss methods by which Healthy UCD could promote mental wellbeing, including signposting of mental health supports and resources. These have been promoted throughout the year and initial discussions have been held with the SU around a sticker campaign to be rolled out on campus when term begins in autumn 2022.	Continue to signpost mental health and wellbeing resources and supports, including a campaign on the topic with the SU planned for autumn 2022.
Continue to promote mindfulness in conjunction with Student Health and Counselling, particularly the Koru courses.	Koru mindfulness courses resumed in-person and Healthy UCD has promoted these throughout the year on social media and when engaging with students in-person.	Continue to support Student Health and Counselling in their work on mindfulness.
Tai chi classes will resume at lunchtimes in the student centre, run by Hamish Fleming and supported by new Wellness and Community Projects officer. Healthy UCD will liaise and help to promote.	Tai-chi classes resumed as planned on a weekly basis and Healthy UCD promoted during roadshow around various buildings on campus with the SU.	Tai chi classes planned for a weekly lunchtime slot in the sports centre, led by Dr Hamish Fleming. Healthy UCD will support and promote.
Prepare the Resilience Tree for new contributions in September 2021 and promote this to new and continuing students.	The Resilience Tree was prepared and promoted during the start of the academic year in September/October 2021 and for the UCD Festival in June 2022. Engagement was high on both occasions.	Continue to promote the Resilience Tree during key UCD events in 2022/2023.

<b><u>Sexual Health</u></b>		
<b>Action and Target 2021/2022</b>	<b>Status August 2022</b>	<b>Target 2022/2023</b>
Continue to promote availability and location of condom dispensers and ensure supply is maintained.	Dispensers maintained during the year by Student Services and promoted by Healthy UCD and the SU.	Healthy UCD will engage with Students Union and Student Health regarding promotion of sexual health in 2022-2023 by highlighting HSE STI testing service and participating in the SU's SHAG Week in October.

<b>New targets based on actions to be delivered in the short-term from the new Healthy UCD Strategy, 2022-2026</b>	
<b>Action (from strategy)</b>	<b>Target 2022/2023</b>
1.3	Review and identify areas relevant to Healthy UCD within the Healthy Ireland Healthy Workplace Framework.
2.6	Seek representation from UCD Student Communications on the Healthy UCD Steering Committee.
3.1	Engage with other Universities to exchange research initiatives and methodologies and highlight opportunities for research collaboration.



## Appendix: Healthy UCD Steering Committee 2021-2022

Name	Position
Patricia Fitzpatrick	Chair, Healthy UCD School of Public Health, Physiotherapy and Sports Science
Brian Mullins	UCD Director of Health Promotion
Maria Heffernan	Research Assistant, Healthy UCD
Celine Murrin	Chair, Healthy UCD Research Committee
Ciara McCabe	Assistant to the Director of Registry (Committee Administrator)
Dominic O'Keeffe	Director of Student Services & Facilities
Mark Simpson	Senior Manager, Engagement and Internal Communications
Anne Drummond	Director, UCD Centre for Safety and Health at Work, School of Public Health, Physiotherapy and Sports Science
Catherine Blake	Head of School, School of Public Health, Physiotherapy and Sports Science
Gráinne O'Donoghue	Assistant Professor, School of Public Health, Physiotherapy and Sports Science
Aishling Kennedy Dalton	Facilities Manager, UCD Estates
Andrew Myler	Head of Customer & Management Services, UCD Estates
David Kelly	Bursar
Alessia Paccagnini	Assistant Professor, School of Business
Amanda Gibney	Head of School, School of Civil Engineering
Kevin Griffin	Director of UCD Registry
Hester Noonan	Student Counselling Service
Dr Eadaoin Lysaght	Student Health
Moira Ryan	Student Health
Ruairí Power	Students' Union President
Darryl Horan	Students' Union Campaigns & Engagement Officer
Molly Greenough	Students' Union Welfare Officer
Thomas Shevlin	Nominee of Nutrition Society
Thomas Bedford	Nominee of Athletic Union Council